

# Blueberry Muffin Squares

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled oats	4 oz	1 1/2 cups	8 oz	3 cups	1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Do not drain. Reserve for step 5.
Water, hot		1 3/4 cups		3 1/2 cups	
Whole wheat/enriched flour blend	10 oz	2 1/4 cups 1 Tbsp	1 lb 4 oz	1 qt 5/8 cup	2. In a separate bowl, combine flour, baking soda, cinnamon, nutmeg, and salt. Reserve for step 5.
Baking soda		5/8 tsp		1 1/4 tsp	
Ground cinnamon		5/8 tsp		1 1/4 tsp	
Ground nutmeg		5/8 tsp		1 1/4 tsp	
Salt		5/8 tsp		1 1/4 tsp	3. In a separate mixing bowl, cream margarine and sugars using paddle attachment for 10 minutes on medium speed. Scrape down sides of
Trans fat-free margarine	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup	

Brown sugar, packed	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 1/4 cups	
Sugar	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 1/4 cups	
Vanilla		1 1/4 tsp		2 1/2 tsp	<b>4.</b> Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes on medium speed.
Frozen egg whites, thawed	5 oz	1/2 cup 1 Tbsp	10 oz	1 cup 2 Tbsp	
OR		OR		OR	
Fresh large egg whites		4 each		7 each	
Low-fat plain yogurt		2 Tbsp		1/4 cup	
Canned applesauce		2 Tbsp		1/4 cup	<b>5.</b> Add the oat mixture from step 1 and blend for 1 minute on low speed. Add the flour mixture from step 2 and blend for 1 minute on low speed. Scrape down sides of bowl. <b>6.</b> Blend for 1 minute on low speed.
Rolled oats		1/2 cup 1 1/4 tsp	3 oz	1 cup 2 1/2 tsp	<b>7.</b> Topping: In a separate bowl, combine oats, flour, brown sugar, and margarine or butter. Mix until crumbs are pea-sized.
Whole wheat/enriched blend flour		2 Tbsp		1/4 cup	

Trans fat-free margarine		2 Tbsp	2 oz	1/4 cup	<p><b>8.</b> Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour and spread evenly 3 lb 8 ½ oz (1 qt 2 ¼ cups) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
Frozen blueberries, thawed and drained	1 lb 11 oz	3 3/8 cups	3 lb 6 oz	1 qt 2 3/4 cups	<p><b>9.</b> Spread 1 lb 11 oz blueberries over each pan. Blueberries may be pureed. Sprinkle 4 oz (¾ cup 2 Tbsp) of topping over each pan.</p> <p><b>10.</b> Bake until golden brown and muffin pulls away from sides of pan: Conventional oven: 325° F for 45 minutes Convection oven: 325° F for 35 minutes</p> <p><b>11.</b> No CCP necessary.</p>

### Notes

For muffin pans:  
 1 qt 2 ¼ cups of batter will make 25 muffins. Portion batter with No. 16 scoop (¼ cup) into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full. Portion No. 30 scoop (2 Tbsp) blueberries onto each muffin. Sprinkle ½ Tbsp topping over each muffin.

Bake until golden brown:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

To cool, immediately remove muffins from pans and place on cooling racks.

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

The grain ingredient in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Serving	Yield	Volume
1 piece provides the equivalent of 1 slice of bread.	<b>25 Servings:</b> 5 lb 9 ½ oz (uncooked)	<b>25 Servings:</b> 1 quart 2 ¼ cups (batter) 1 pan
	<b>50 Servings:</b> 11 lb 3 oz (uncooked)	<b>50 Servings:</b> 3 quarts ½ cup (batter) 2 pans

Nutrients Per Serving					
Calories	204	Saturated Fat	1 g	Calcium	23 mg
Protein	3 g	Cholesterol		Sodium	148 mg
Carbohydrate	39 g	Vitamin A	188	Dietary Fiber	2 g
Total Fat	4 g		unknown		
		Iron	1 mg		